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... there's a new fastest man on the planet. Grant Gustin talks suiting up for TV's The Flash **PAGE 19**




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FROM WINE TO TEA, SCIENTISTS ARE FINDING WHAT WE SIP CAN HAVE A SIGNIFICANT IMPACT ON OUR WELL-BEING **PAGE 22**

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ONE WAY TO BUILD THE CITY UP

Delta Hotels announced Monday that a new hotel will be built in the Edmonton Arena District and will reach more than 50 storeys above the ground. Story, page 4. CONTRIBUTED



Reckless drivers still a menace in school zones

Over 3,000 violations during city campaign. Parents dropping kids off in middle of street, yelling profanities just some of the oddball behaviour cited



LEAH HOLOIDAY
leah.holoiday@metronews.ca

Edmonton drivers still haven't learned their lesson on where to park near school zones, despite a bylaw blitz to curb bad behaviour.

The School Enforcement Campaign, which ended Friday, targeted 35 of the city's most troublesome school zones and handed out more than 3,000 parking violations.

"Unfortunately, there are still a lot of parking infractions

taking place around schools," said parking program analyst Amanda Lesk. "It's something we're trying to stay on top of."

While officers handed out a total of 3,479 violations, Lesk said the numbers were slightly down from last year, when 3,658 violations were handed out.

Besides the slight decrease, Lesk said the city has compiled a list of top 11 offenders, which include Doctor Donald Massey School as one of the worst areas for parking violations.

In south Edmonton, Johnny Bright School ranked sixth on the list of worst offenders and saw a total of 24 violations handed out between Sept. 4 and Oct. 3 at the peak hours of congestion — first thing in the morning and right after school.

Daxesh Dalal, chair of Johnny Bright's parent advisory council, said traffic congestion around the school has been a major concern since the build-

ing opened five years ago.

Even though parents have stepped up to help alleviate some of the problem, Dalal said the neighbourhood continues to see infractions on a daily basis.

"We still see all sorts of crazy things occurring," he said.

Parents dropping kids off in the middle of the street, or yelling profanities at teachers and students are just some of the oddball behavior Dalal said occurs around drop-off and pick-up time.

"Unfortunately those are the people that really stick out," he added.

Dalal said now that the school enforcement campaign is over, he's worried drivers will only get worse and the school zone will become more of a danger zone.

"I want my kids to be safe," he said. "School is supposed to be a positive experience for the kids."



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FIVE THINGS YOU NEED TO KNOW TODAY

1

NAIT INVESTMENT

More than \$1 million has been pledged to NAIT from Dow Canada for campus expansion, said a release. More details for the investment are set to be unveiled Tuesday.

2

LEADERSHIP FUND

A local high school has been awarded \$10,000 for a student-led project, called Jasper Place High School's Global Café. The money is intended to help support young Alberta leaders.

3

GALLIANO TO MAKE COMEBACK

It's confirmed: John Galliano is making his comeback at Maison Martin Margiela. According to Women's Wear Daily, Galliano is expected to present his collection next January.

4

GILLER PRIZE

Miriam Toews, David Bezmozgis, Frances Itani, Sean Michaels, Heather O'Neill and Padma Viswanathan are the finalists for the Scotiabank Giller Prize. The winner will be announced Nov. 1.

5

LUNAR ECLIPSE

If you missed April's lunar eclipse, now's your chance for a do-over. Tomorrow just before dawn, if the skies are clear, North Americans will have prime viewing of a full lunar eclipse.

Edmonton man charged with first-degree murder, arson

Oct. 1 house fire. Suspect was tenant of victim killed in the city's west end



LEAH HOLOIDAY
leah.holoiday@metronews.ca

The victim found in a house fire last week died from blunt force trauma and stab wounds, Edmonton police revealed Monday.

Speaking at police headquarters, EPS Acting Staff Sgt. Brad Mandrusiak said officers have since laid charges for the Oct. 1 death of 32-year-old Edmonton woman Genevieve Lucienne Auger.

Her body was found in her

home near 173 Street and 77 Avenue last week after Edmonton Fire Rescue responded to the residence for a house fire.

"Auger was found deceased in her main floor bedroom. She had obvious signs of trauma to her body," said Mandrusiak. "In short, there was evidence of a recent violent event and a deliberate fire or fires."

After firefighters discovered Auger's body, they passed the case to EPS homicide investigators, who determined she owned the home and lived there with three tenants.

"As the investigation progressed, the team developed grounds to suspect one of the tenants was responsible for this terrible event," said Mandrusiak, adding the scene was

a difficult one because of the fire.

Juan Rolan Checkel, 24, was identified as the main suspect and arrested without incident at the Century Park LRT station parking lot on Oct. 2. Transit officers noticed Checkel sitting in a car, with his head slumped down, and called police.

Checkel is being charged with first-degree murder, possession of an offensive weapon and arson to property.

Mandrusiak couldn't speak to a motive behind the homicide, including a question from media regarding if the pair were romantically involved.

"I can say there was nothing so far in the evidence to suggest that there was anything on the part of the victim that would have precipitated this terrible, tragic event," he said.

While Metro spoke with Auger's aunt following the incident, her family has now asked for their privacy at this time.

This marks the city's 19th homicide.



EPS Acting Staff Sgt. Brad Mandrusiak spoke with media Monday following charges laid in the Oct. 1 murder of Genevieve Lucienne Auger. LEAH HOLOIDAY/METRO

Quoted

"Auger was found deceased in her main floor bedroom. She had obvious signs of trauma to her body. In short, there was evidence of a recent violent event and a deliberate fire or fires."

EPS Acting Staff Sgt. Brad Mandrusiak

1 NEWS



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Red Deer

Man sentenced to nine years for shooting gas station clerk

A man who shot a gas station clerk in central Alberta with a shotgun during a robbery last year has been sentenced to nine years in prison.

Jeffrey Geary, who is 31, pleaded guilty in August to robbery, possession of a prohibited firearm, manufacturing a prohibited firearm and

aggravated assault.

Jaysen Reyes was hit in the face and hand from a sawed-off shotgun blast on Sept. 11, 2013, at the West Park Fas Gas in Red Deer.

Court heard that Reyes may never fully recover from the gunshot wounds.

He still suffers from his injuries and is living at a rehabilitation facility in Cochrane.

Geary was also handed a lifetime firearm ban and was given credit for the year he has already spent in custody.

THE CANADIAN PRESS

Wearing words on your sleeves. Local writers brewing up local stories

Along with a bagel or doughnut, Edmonton coffee drinkers can now get their morning java with a story on the side.

Several independent coffee shops in the city are now sporting short fiction on the sleeves they hand out with cups. The project is the brainchild of the Edmonton Public Library's writer in residence, Jason Norman.

Norman said he got the idea from an American restaurant chain, but wanted a chance to put local stories on display.

"I did think it would be cool to get things onto cups where people could read short things quickly," he said.

Including Norman, six local writers wrote brief stories that were then printed on the sleeves and have been given out to several local coffee shops, including District, Transcend, Blackbird, Elm Café and the new Burrow Café in the Central LRT station.



Jason Lee Norman worked with local coffee shops to bring stories to their coffee sleeves. RYAN TUMILTY/METRO

Norman said he purposefully kept all the writers in the dark so they wouldn't limit their stories.

"I thought I might get six stories about something happening in a coffee shop," he said.

Norman said he paid for the sleeves himself for this first run, but if it's successful he hopes the shops will partner with him to continue the project. RYAN TUMILTY/METRO



Daryl Katz spoke at an announcement Monday to unveil the latest edition to the Arena District. STEPHANIE DUBOIS/METRO

Delta to touch the sky with new hotel

'Transformative role.'
Delta Hotel, the first new downtown hotel in 30 years, will be in the Arena District



STEPHANIE DUBOIS
stephanie.dubois@metronews.ca

Edmonton's downtown will welcome another new giant to its future skyline.

Delta Hotels and Resorts announced Monday it will move into the Edmonton

Arena District with a tower that will exceed 50 storeys in height, with 362 rooms and private condos also offered to potential buyers.

"Once it's all done, it's going to have a transformative role on downtown," said Mayor Don Iveson.

This is the first time in 30 years that a major hotel development has happened in the downtown core, say Delta hotel staff, adding the hotel will offer "numerous upscale amenities" such as a rooftop pool and an outdoor terrace.

"This is an exceptional property," said Ken Greene,

By the numbers

26

The hotel/condo tower will have 26 storeys, but it will reach 50 storeys in height with additions, including the rooftop pool.

president of Delta Hotels.

The company currently has two properties in the city — one downtown and one on the southside — but that when the new hotel tower opens in 2018, "there will only be one property in

downtown Edmonton," according to Greene.

Construction of the hotel parkade will happen this fall, with work on the tower to happen in fall 2015.

There is no official price tag for the project at this time, say staff, with final designs to be completed within three months.

"It really all starts with the arena. It really has attracted other opportunities and new development from an office to a hotel and there will be more to come," said Daryl Katz, chairman of the Katz group.

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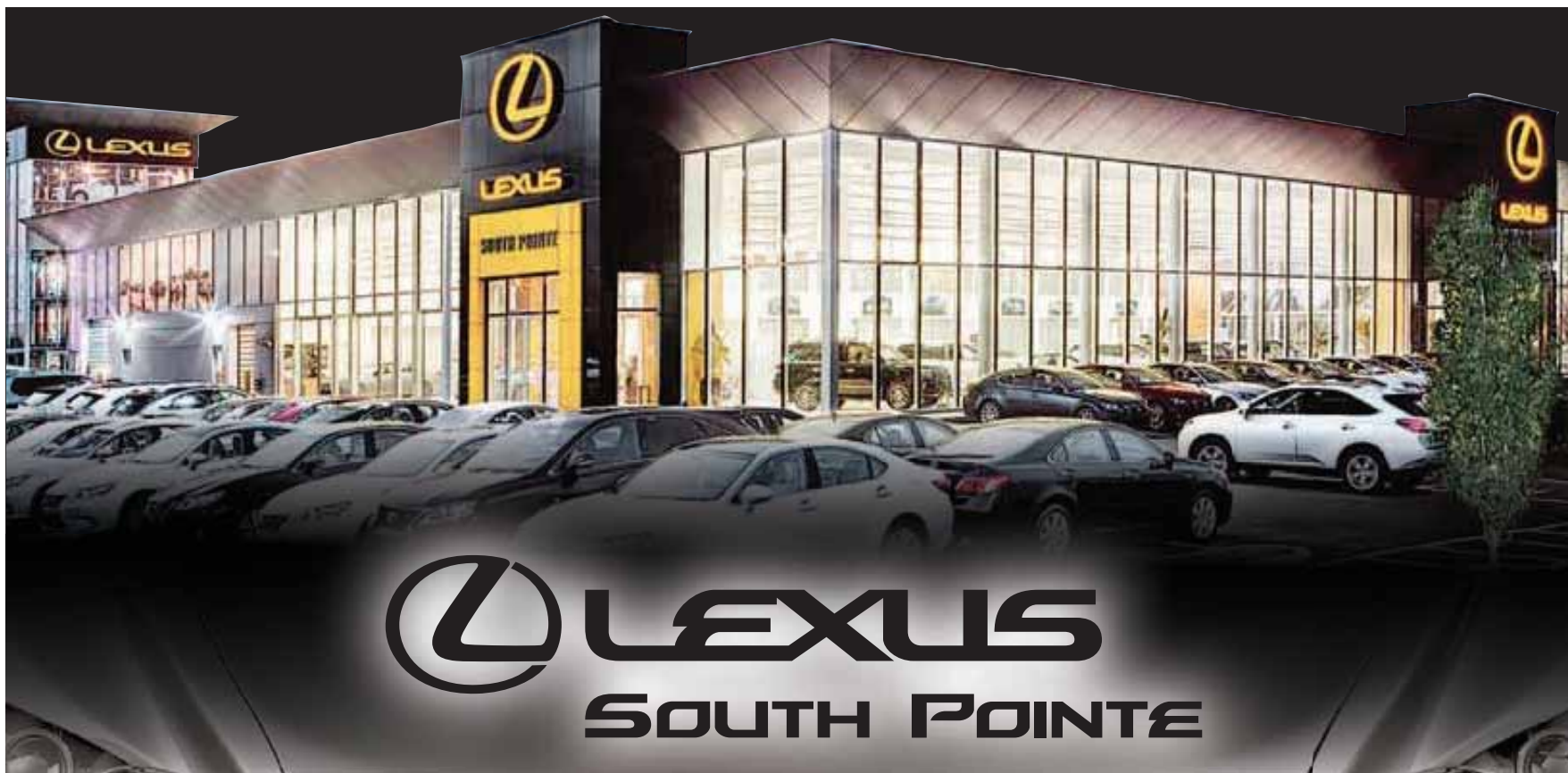
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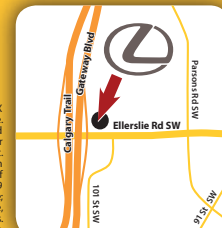
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Severance pay. 'Problem runs much deeper,' says Wildrose to Jim Prentice

Alberta's Opposition says a plan by Premier Jim Prentice to cap severance payouts doesn't go far enough. Wildrose Leader Danielle Smith says the payments have to go beyond political staff to include all senior managers and government officials.

"The problem runs much deeper," Smith said in a news release Monday. "Albertans are ready to send a message that they've had enough of govern-

ment insiders getting rich off of them, and they're ready to vote for a party that will put their interests first."

The Wildrose says a freedom-of-information search revealed that cabinet minister Manmeet Bhullar's office paid out more than \$5 million to senior staff when he ran the Service Alberta department. Bhullar is now infrastructure minister.

THE CANADIAN PRESS

Photo radar. Iveson 'had it' with critics but open to changing where funds go

Mayor Don Iveson fired back at critics of the photo-radar program Monday but said he's open to changing where the revenue goes.

Responding to a petition, Iveson said he has no sympathy for people who complain about tickets.

"Those people that want to argue that they're above the law, I've just had it, absolutely had it with them," he

said.

Right now all of the photo-radar revenue, which added up to \$41.2 million in 2013, flows to traffic-safety initiatives, but Iveson said he's open to seeing a cap on that and moving some of the funds to other community initiatives.

RYAN TUMILTY/METRO,
WITH FILES FROM
STEPHANIE DUBOIS/METRO

FIFA officials standing their ground — er, turf

Women's World Cup. Official says it's 'a pity' lawsuit is getting so much undue attention



RYAN TUMILTY
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FIFA officials are holding firm, insisting the 2015 Women's World Cup will be played on artificial turf, despite the legal action a group of players has taken.

A delegation from the international sporting body was in Edmonton on Monday to review Commonwealth Stadium in advance of next year's event.

Tatjana Haenni, FIFA's head of women's competitions, said they don't intend to change anything about next year's event.

"Since the beginning, it was clear we would play on artificial turf. That's a decision made almost two years ago," she said.

A group of elite female players filed an official complaint last week with the Ontario Human Rights Tribu-



Tatjana Haenni, FIFA's head of women's competitions, and Peter Montopoli, the CEO of Canada's 2015 event, pose with the FIFA women's World Cup trophy following a media event. RYAN TUMILTY/METRO

nal, arguing they would face more injuries playing on turf instead of grass.

They're arguing men would never be asked to play a tournament on grass.

Haenni said FIFA is doing a lot to grow the game for women and it's unfortunate so much time is being spent on the turf debate.

"Right now we talk just about this turf discussion,

which I think is a bit of a pity," she said.

Peter Montopoli, the CEO of the 2015 event, said several FIFA tournaments, including this summer's U-20, have been played on artificial turf.

"We have done this before and we're very confident in what we proposed to FIFA and what FIFA has accepted," he said. "We're on track for some great success."

Overshadowed

"All those positive messages that are linked to the FIFA women's World Cup in Canada in 2015 are getting lost right now."

Tatjana Haenni, FIFA's head of women's competitions

Second kid suspended

Six-year-old boy hurt on school bus

Edmonton Catholic Schools (ECS) is investigating a serious incident in which a six-year-old boy was injured on his way home from school Friday.

According to ECS

spokesperson Lori Nagy, the incident between two Grade 1 students from St. Maria Goretti School occurred on a yellow school bus Friday afternoon.

"At this point we have looked at the video and we are investigating further, but it was quite serious," she said.

While she wouldn't give

details of the incident, Nagy said one of the boys received a cut to the back of his head and was treated on scene by the bus driver.

"By looking at the video, it may have been unprovoked, and by the seriousness of how the boy was injured, we really need to look further into this before allowing (the second) boy

back on the bus," she said.

The second child has been suspended for one week from school and indefinitely from riding the school bus.

"We want to take the time to look into this incident. It was very serious and (we need) to do more investigation and talk with the child," she said.

LEAH HOLOIDAY/METRO

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\$32,655



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Online abuse. Woman accused of hassling missing girl's parents found dead

A 63-year-old woman accused of abusing the parents of missing girl Madeleine McCann online has been found dead in a hotel room near Leicester, central England. Her death has revived debate about media responsibility and how to respond to online "trolls."

Television channel Sky News identified Brenda Leyland as a Twitter user who had expressed doubt about Kate and Gerry McCann's explanation following their daughter's disappearance.

Last week, a Sky News repor-

ter confronted Leyland — who lived in the same county as the McCanns — on camera about the alleged abuse. She said she was entitled to send the tweets.

Leicestershire Police said the body of the woman was found on Saturday and the death is not being treated as suspicious.

Madeline McCann disappeared days before her fourth birthday in May 2007 during a vacation at a Portuguese resort. The case is unsolved, but in a 2008 book, a Portuguese detective alleged the McCanns were involved. **THE ASSOCIATED PRESS**

New York City

Bear cub dead in Central Park

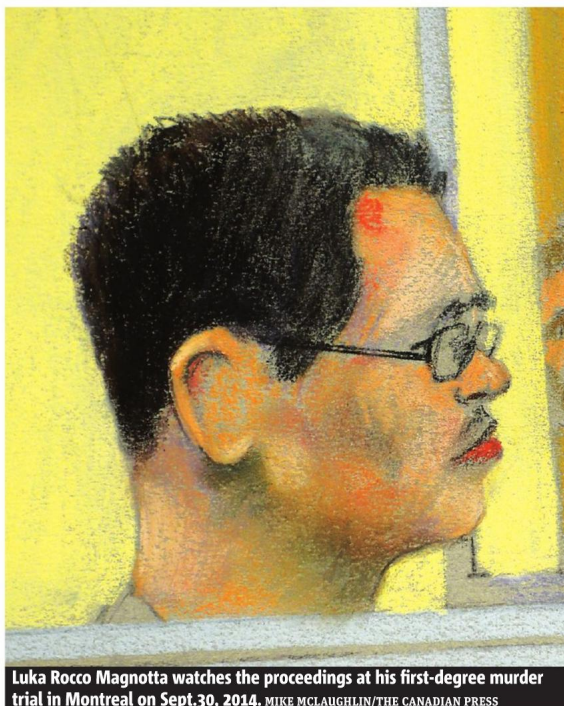
A bear cub was found dead Monday morning by a dog walker, under a bush inside New York City's Central Park. Authorities suspect animal cruelty. **THE ASSOCIATED PRESS**

United Kingdom

Man admits to hammer attack

A British man has admitted to battering three sisters from the United Arab Emirates with a hammer during an attack at a London hotel, but denies trying to kill them. **THE ASSOCIATED PRESS**

Details unclear about how Lin, Magnotta met: Police



Luka Rocco Magnotta watches the proceedings at his first-degree murder trial in Montreal on Sept. 30, 2014. MIKE McLAUGHLIN/THE CANADIAN PRESS

No answers. Phone records, online activity and photos offer no conclusions as to how Lin and Magnotta came into contact

Jurors in Luka Rocco Magnotta's first-degree murder trial were told Monday police have been unable to determine how the accused first met Jun Lin, based on the gathered evidence.

"Despite intensive searches ... nothing allows us to establish how they met, when or why," Montreal police Det.-Sgt. Claudette Hamlin testified, having checked their phone records, online activity and photos on Lin's computer, none of which are of Maenotta.

The trial resumed Monday with more surveillance video from Magnotta's apartment building that shows him leaving for the last time on May 26, 2012 holding a carry-on

suitcase and getting into a taxi two days after Lin was seen walking into the building with Magnotta.

Lin, 33, was seen on surveillance wearing a yellow T-shirt, shorts and baseball cap as he walked into the apartment building with Magnotta at 10:16 p.m. on May 24, 2012. He was never seen alive again.

Over the next day Magnotta was caught on the same cameras wearing Lin's T-shirt and methodically putting the trash in the building's basement and outside before leaving for the final time two days later.

Lin's torso was found May 29, stuffed in a suitcase behind the building along with others in the trash.

Magnotta has admitted to causing the acts he's accused of, but his lawyer says his client suffers from schizophrenia and borderline personality disorder, and insists he is not criminally responsible.

The Crown contends the killing was deliberate and planned. **THE CANADIAN PRESS**

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Husband-and-wife team May-Britt Moser and Edvard Moser are seen in a laboratory in Trondheim in 2008.
GEIR MOGEN/NTNU HANDOUT/THE ASSOCIATED PRESS

Brain GPS project finds Nobel Prize

'Grid cell.' Discovery represents a paradigm shift in the knowledge of how cells work together

U.S.-British scientist John O'Keefe and Norwegian scientists May-Britt Moser and Edvard Moser won the Nobel Prize in medicine on Monday for discovering the "inner GPS" in the brain that helps us navigate through the world.

Their findings in rats — and research suggests that humans have the same system in their brains — repre-

sented a "paradigm shift" in the knowledge of how cells work together to perform cognitive functions, the Nobel Assembly said, adding that knowing about the brain's positioning system may "help us understand the mechanism underpinning the devastating spatial memory loss" that affects people with Alzheimer's disease.

"This year's Nobel laureates have discovered a positioning system, an inner GPS in the brain, that makes it possible to orient ourselves in space," the assembly said.

O'Keefe, 75, of University College London, discovered the first component of this

system in 1971 when he found that a certain type of nerve cell was always activated when a rat was at a certain place in a room. He demonstrated that these "place cells" were building up a map of the environment, not just registering visual input.

Thirty-four years later, in 2005, May-Britt Moser and Edvard Moser, a married couple at the Norwegian University of Science and Technology in Trondheim, identified another type of nerve cell — the "grid cell" — that generates a co-ordinate system for precise positioning and path-finding, the assembly said.

THE ASSOCIATED PRESS

Hong Kong

Students vow to hold pressure

The students whose calls for democratic reforms sparked the most dramatic challenge to authorities since Hong Kong returned to Chinese control are vowing to keep up the fight.

But as the numbers of

protesters dwindled Monday from tens of thousands into the hundreds, it was unclear where the tumult of the past week would lead.

Schools reopened and civil servants returned to work after protesters cleared the area outside the city government headquarters, a focal point of the demonstrations that began Sept. 26. Crowds also thinned markedly at the

two other protest sites, and traffic flowed again through many roads that had been blocked. In the Mong Kok district, the site of weekend clashes in which mobs tried to drive the demonstrators out of the intersection they were blocking, hundreds of curious onlookers surrounded the remaining protesters Monday evening, taking pictures. THE ASSOCIATED PRESS



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Canada debates role in ISIS battle as fighter jets prepare for takeoff

Fog of war. House of Commons set to approve deploying aircraft to Iraq as concerns raised about civilian casualties

Canadian CF-18s will soon be heading off to war in Iraq, leaving Parliament and the public in a fog about some key elements of the military commitment — notably what efforts will be made to limit civilian casualties.

The House of Commons stands poised to approve a motion, likely on Tuesday, that would deploy six fighter-bombers, two CP-140 surveillance planes and one refueling aircraft for coalition air strikes in Iraq for up to six months.

The Harper government was mute during Monday's debate about what precautions would be taken to



A U.S. soldier begins his journey home at the end of the U.S. military mission in Iraq in 2011. Canadian fighter jets will soon be sent off to war in Iraq, as the House of Commons stands poised to approve a motion that would deploy aircraft to the country for up to six months. KHALID MOHAMMED/THE CANADIAN PRESS

prevent bombs from going astray and killing innocent people.

Defence Minister Rob Nicholson would only say

that the air force will “live up to the highest standards.”

National Defence was asked what sort of legal agreements were in place to

protect Canadian pilots from possible accusations of targeting civilians.

A spokeswoman for Nicholson, Johanna Quinney,

would respond with only the blanket assurance that the air force is “authorized to strike (ISIS) in the Republic of Iraq.” Green party Leader Eliza-

beth May questioned the effectiveness of airstrikes, citing published reports from the region quoting Kurdish fighters who say the airstrikes have failed to slow ISIS's advance.

“They scattered and reform after the jets leave,” said May, who asked for evidence that the bombing runs would prove effective.

She wondered whether “the planned mission will do anything other than to fall into the trap (ISIS) has set to get us involved for their propaganda and ongoing efforts to destabilize the region and encourage recruitment.”

Also left unanswered by the debate was the question of under what circumstances Canadian aircraft would conduct missions over Syria.

Last week, Prime Minister Stephen Harper said such raids would only be done with the consent of the Syrian government.

THE CANADIAN PRESS

Chicago. American teen charged after attempting to fly to Syria to join ISIS

An American teenager who expressed disgust with Western society was arrested at a Chicago airport, from where he intended to travel to Turkey so that he could sneak into Syria to join the Islamic State of Iraq and al-Sham (ISIS) group, according to a criminal complaint released Monday.

Members of the FBI's Joint Terrorism Task Force arrested Mohammed Hamzah Khan, a 19-year-old U.S. citizen from the Chicago suburb of Bolingbrook, on Saturday at O'Hare International Airport. Khan is

charged with attempting to provide material support to a foreign terrorist organization, and a federal judge has ordered him held until a detention hearing Thursday.

According to prosecutors, Khan was trying to fly to Istanbul when customs officers stopped him at O'Hare's international terminal. While FBI agents interviewed him there, others executed a search warrant at his home and found documents he wrote expressing support for the Islamic State group. THE ASSOCIATED PRESS



Mohammed Hamzah Khan's parents leave the Dirksen federal building Monday in Chicago. Khan is charged with attempting to provide material support to a foreign terrorist organization. AL PODGORSKI/SUN-TIMES MEDIA/THE ASSOCIATED PRESS

Japan

Student suspected of planning to join terrorist group

Japanese police questioned a university student and several others Monday over suspected plans to travel to Syria to join the Islamic State of Iraq and al-Sham (ISIS) group, reports said.

The reported investigation by Tokyo police would be the first indication of possible support within Japan for the militant group. Tokyo Metropolitan Police declined to comment on the reports.

News outlets said investigators questioned a 26-year-old male Hokkaido University student and several men who shared a house with him on suspicion they were preparing to go to Syria to fight.

Investigators believe that the student, who is on a leave of absence from school, responded to a poster at a bookstore in downtown Tokyo offering positions for “work in Syria.”

THE ASSOCIATED PRESS

Kenya's president to step down during ICC hearing

Kenyan President Uhuru Kenyatta on Monday told the nation in an address before parliament that he would temporarily step down while attending a hearing at the International Criminal Court this week.

Kenyatta faces crimes against humanity charges at The Hague, Netherlands-based court for allegations that he helped instigate violence that followed Kenya's December 2007 presidential election, when more than 1,000 people were killed.

The court ordered him to attend a status hearing Wednesday, denying his request that he participate by video. The hearing would be the first time a sitting president attends an ICC session, a mark Kenyatta's political supporters have urged him to avoid.

Seeking to bypass that notation in history, the president on Monday said he would invoke a never-before-used article of the constitution that will see Deputy President William Ruto temporarily become president.



Kenyan President Uhuru Kenyatta
BAS CZERWINSKI/THE ASSOCIATED PRESS FILE

The temporary abdication is Kenyatta's way of fulfilling the court order, but also insisting that he be a private citizen during the hearing.

In his speech, Kenyatta maintained his innocence, and said Africa's “century of exploitation and domination” by the West continues.

He said the accusations he faces occurred before he became president.

“It is for this reason that I chose not to put the sover-

Witness troubles

The case against Kenyatta appears to be collapsing as witnesses refuse to testify or recant their statements, and a once-rocky relationship with the U.S. and Europe seems to be improving.

eighty of more than 40 million Kenyans on trial since their democratic will should never be subject to another jurisdiction,” Kenyatta said.

George Kegoro, executive director of the Kenyan chapter of the International Commission of Jurists, lauded the president for following the rule of law. If Kenyatta had refused to go, he risked an international arrest warrant and international condemnation or economic sanctions against Kenya.

“If he had refused it would have destroyed our economy. The economy would not have recovered during his tenure,” said Gitobu Imanyara, a lawyer and former legislator.

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Inbound. Health officials debating additional Ebola screening at U.S. airports

Ahead of a White House meeting on the Ebola outbreak, American health officials said Monday the U.S. is weighing whether to institute extra screening at U.S. airports where travellers from Ebola-stricken African nations may be arriving.

Dr. Anthony Fauci, director of the National Institute of Allergy and Infectious Diseases, said "discussion is underway right now" and "all options are being looked at." The question, Fauci told CNN, is whether "the extra level of screening is going to be worth the resources you need to put into it."

"There is clear-cut screening going on in the exit end," Fauci said, referring to the Ebola-affected countries' practice of screening outbound passengers before they leave. The current U.S. discussion, he said, centres on "what kind of screening you do on the entry end. That's something that's on the table now."

Dr. Tom Frieden, director



An MSF nurse is prepared with personal protection equipment in Monrovia, Liberia.

JEROME DELAY/THE ASSOCIATED PRESS FILE

of the U.S. Centers for Disease Control and Prevention, said officials are looking at all options "to increase safety." Extra screening might include checking to see if passengers have a fever and evaluating them further if so, he said. He said about 40,000 people had come into the U.S. from African countries over the past six months, including Americans returning from travels there.

THE ASSOCIATED PRESS

Ebola may just 'keep going'

Epidemic too large. Experts say vaccine, drugs may be the only solution to beat it

As West Africa's Ebola outbreak continues to rage, some experts are coming to the conclusion that it may take large amounts of vaccines and maybe even drugs — all still experimental and in short supply — to bring the outbreak under control.

Embedded in that notion is the reality that the catastrophic epidemic may remain unchecked for months, given that these products haven't yet been proven to be safe or effective in people and won't be available in significant amounts any time soon.

"It is conceivable that this epidemic will not turn around even if we pour resources into

it. It may just keep going and going and it might require a vaccine," Dr. Anthony Fauci, director of the U.S. National Institute for Allergy and Infectious Diseases, told The Canadian Press in an interview.

Earlier in the outbreak, many experts insisted experimental vaccines could not be tested and produced in large enough amounts in time to affect the outcome. They stressed publicly — some still do — that the "tried-and-true" measures used to contain Ebola outbreaks in the past would eventually control this one.

Those measures are aimed at breaking the chains of transmission. The sick are housed in isolation units, where the only people they have contact with are garbed head-to-toe in protective apparel. Those who don't survive are buried in thick body bags, without the cultural rituals that often spread the

disease.

Contacts of the sick are monitored for 21 days and are whisked into isolation if they start to get ill. People with Ebola are believed to be contagious only when they have symptoms, which is when you need to ensure they don't come into contact with others.

But this epidemic is so large it has long since outstripped the capacity of responders to care for all the sick, let alone trace their contacts. People are dying at home, infecting their families in the process. Some are dying abandoned on streets or outside the gates of over-full treatment centres.

On Sunday, Sierra Leone reported 121 deaths. That is more deaths in a single day than recorded in most Ebola outbreaks from start to finish. The World Health Organization says to date about 7,500



Nowa Paye, 9, is taken to an ambulance after kilometres north of Liberia's capital city

people are known to have been infected with the virus, and more than 3,400 have died.

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showing signs of Ebola infection in the village of Freeman Reserve, about 50 Monrovia. THE ASSOCIATED PRESS FILE

Face shields

Canada sends airplane with medical supplies

Canada has sent a military cargo plane to West Africa to deliver protective medical equipment the World Health Organization badly needs there.

The federal government announced Monday that a Hercules aircraft left CFB Trenton in Ontario to transport plastic face shields used by health teams working on the Ebola response.

The plane was destined for Freetown, Sierra Leone, bearing 128,000 face shields donated to the WHO by the Government of Canada.

The WHO had requested 300,000 face shields; another shipment will be sent within the next week, the Public Health Agency of Canada said.

Last month the federal government announced it would make \$2.5 million in personal protective equipment available to the WHO for the Ebola response.

THE CANADIAN PRESS

multiple countries across borders and your health-care system is not functional, it is impossible to control it if that is your only intervention. That's my view," says Jeremy Far-

rar, head of the British-based Wellcome Trust, which has offered to fund clinical trials of a number of the experimental drugs and vaccines. THE ASSOCIATED PRESS

First transmission not in Africa confirmed

In the first known transmission of the current outbreak of Ebola outside West Africa, a Spanish nurse who treated a missionary for the disease at a Madrid hospital has tested positive for the virus, Spain's health minister said Monday.

The female nurse was part of the medical team that treated a 69-year-old Spanish priest who died in a hospital last month after being flown back from Sierra Leone where he was posted, Health Minister Ana Mato said.

The nurse is believed to have contracted the virus from that priest.

The World Health Organization confirmed there has not been a previous transmission outside West Africa in the current outbreak. WHO spokeswoman Fadela Chaib told The Associated Press that so far there have only been confirmed cases in West Africa and the United States, and no known transmission outside West



Spain's Health Minister Ana Mato
THE ASSOCIATED PRESS

MSF doctor tests positive

Doctors Without Borders said Monday that one of its workers in Sierra Leone has tested positive for Ebola and is returning to Norway. Anne-Cecilie Kaltenborn, the organization's general secretary in Norway, said the Norwegian female doctor started feeling sick over the weekend and was isolated after she came down with a fever on Sunday. Lab tests then confirmed she was infected with the virus.

Africa.

The organization is awaiting official notification of the case from Spanish authorities.

The woman went to a hospital in the Madrid suburbs with a fever on Sunday and was placed in isolation. Mato said the infection was confirmed by two tests.

The woman's only symptom was a fever and she

was on vacation when she fell sick, Antonio Alemany, Madrid director of primary health care, told a news conference.

Alemany said authorities are drawing up a list of people the nurse had contact with, though he did not say how many people that might be or where she went on holiday.

THE ASSOCIATED PRESS

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Abandoned. Left for dead, rescued puppies in need of homes

Twenty puppies left for dead in a field near Glaslyn, Sask., are on their way to a full recovery.

On Friday at roughly 6 p.m., the 20 mixed-breed, week-old dogs were brought to the Battleford's Humane Society after a hunter discovered them

Dehydrated, cold and full of lice and fleas, shelter co-ordinator of the humane society, Michelle Spark, was shocked so many animals would be abandoned, adding her staff are nursing each back to health.

"Overall they're healthy," she said.

"They don't appear to be sick, they're still on a 10-day quarantine just to make sure they don't have any viruses ... and now we're in the middle of bathing, cleaning them up, getting rid of fleas and deworming."

Photos of the 20 puppies posted to the Battleford's Humane Society's Facebook page on Saturday morning were shared widely, and Spark said the post has now been seen by more than 80,000 people.



Eight of the 20 rescued puppies have already been adopted. FACEBOOK/
BATTLEFORD'S HUMANE SOCIETY

The shelter has also received what she says are thousands of dollars in donations of dog food, kennels and toys for the puppies, receiving at least 500 phone calls about the abandoned dogs from across Canada and around the world.

She says they've been working in crisis mode the last three days, but have had overwhelming support from countries wishing to donate.

"It's just been fantastic," she said. "Our office is full of puppy food, teddy bears and kennels."

MORGAN MODIESKI/FOR METRO

Pastafarian minister can't wear colander

Embracing spaghetti.

B.C. man's driver's licence not renewed over his fight to sport religious headwear



**THANDI
FLETCHER**
Metro in Vancouver

A Surrey, B.C., man is boiling mad he can't legally drive until he removes his religious headgear, a spaghetti strainer, for his driver's licence photo.

Obi Canuel, 36, said he tried to renew his interim driver's licence on Friday, but was told the Insurance Corporation of B.C. would not issue him one until he removed the colander.

"I refused," Canuel told Metro. "I want to have the right to express myself in the religious way of my choosing."



Obi Canuel, an ordained minister in the Church of the Flying Spaghetti Monster, says ICBC is denying his right to wear religious headwear, a colander, in his driver's licence photo. CONTRIBUTED

A self-styled Pastafarian, Canuel's plight began nearly a year ago when he tried to renew his driver's licence while wearing a colander.

In July, ICBC sent Canuel a letter refusing to grant him a new licence using the photo, stating "there is no religious requirement that prohibits you from removing the colander."

As an ordained minister in the Church of the Flying Spaghetti Monster — a parody religion in which members say they believe the world was created by a drunken, flying spaghetti monster — Canuel said ICBC's refusal to allow him to wear a colander for his driver's licence photo infringes on his rights under the Charter.

Certificates of ordination can be obtained by anyone who sends \$20 US (\$30 for international orders) to the website venganza.org.

"It certainly seems that ICBC is less friendly towards Pastafarians, and I wish that they would embrace the spaghetti a little more," Canuel said.

Adam Grossman, a spokesman for ICBC, said the insurance corporation only issued Canuel an interim driver's licence while they considered his request to wear the collar, adding ICBC tries to accommodate customers with head coverings where their faith prohibits their removal, which Canuel could not prove.

As for Canuel's next step, he isn't sure if he plans to give up his battle against ICBC yet.

"The future is as murky as a boiling pot of pasta," he said, "but I have faith that things will turn out right for me."



Sarah N.
Non-Ford driver

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[illegible]



Postmedia newspapers, including the National Post and Ottawa Citizen, are shown with Quebecor Media's Ottawa Sun on Monday. JUSTIN TANG/THE CANADIAN PRESS

Postmedia buying big chunk of Sun Media

Extra! Extra! Read all about it! National Post owner has a \$316M deal to purchase Quebecor's English-language newspapers and websites

Postmedia is bulking up its ammunition against Facebook and Twitter by spending more than \$316 million to purchase most of Sun Media, an effort it hopes will help stop the steady erosion of its advertising business.

The move will make the

owner of the National Post, and a slate of other digital news properties, a significantly larger national media player and allow it to tap further into the struggling newspaper industry as it builds its online network of websites.

"We need this scale, and of course time, to be able to compete with the giant foreign-owned, digital-only companies like Google, Facebook, Yahoo, Twitter, etc.," Postmedia CEO Paul Godfrey said in a news conference on Monday.

Buying Quebecor's English-language operations puts a lot of options at Postmedia's disposal, including 175 trad-

itional newspapers and publications, like the Sun chain of dailies, the London Free Press and the 24 Hours dailies in Toronto and Vancouver.

Postmedia also pockets valuable real estate that could soon be on the sales block, as it focuses on assets like the Canoe.ca national news website, which is part of the acquired properties.

"Digital audiences are unbelievably valuable to this strategic acquisition," Godfrey said. "Over time, our hope is that Canoe and all of the other related websites may very well become the jewel of the deal."

THE CANADIAN PRESS

Market Minute



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Natural gas: \$3.91 US (-\$0.09)
Dow Jones: 16,991.91 (-17.78)

Hewlett-Packard. Company splits in two in bid to stem tide of losses

Hewlett-Packard is splitting itself into two companies, one focused on its personal computer and printing business and another on technology services such as data storage, servers and software, betting that it can drive faster sales growth with more focused operations.

Hewlett-Packard, like other PC makers, has struggled as customers shifted toward smartphones and tablets and away from desktops and laptops. It

also has been shifting its services business toward cloud computing opportunities as fewer customers opt for traditional data storage. The company has posted revenue declines in 11 of the past 12 quarters and laid off tens of thousands of people in recent years as it attempts to cut costs.

HP hopes that the two units will be worth more separately and be able to grow more quickly apart than they can together. **THE ASSOCIATED PRESS**

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Note: This is a public meeting that will be broadcast live, recorded and photographed.



#abheritagefund | assembly.ab.ca/committees/abheritagetrustfund

Rose \$3 billion

WhatsApp? The final price of the messaging service

Facebook has completed its acquisition of the mobile messaging service WhatsApp for almost \$22 billion US, up from the original \$19 billion when

the cash-and-stock deal was struck early this year thanks in part to the rising price of Facebook shares.

Facebook named WhatsApp co-founder and CEO Jan Koum to its board Monday. WhatsApp is by far the largest acquisition for the Menlo Park, Calif., company, and bigger than any deals made by Google, Microsoft or Apple.

The price that Facebook was willing to pay raised eyebrows when the buyout was announced Feb. 19, though analysts agreed that landing the popular site made sense. Including cash, stock and restricted stock awarded to WhatsApp employees, the deal is worth \$21.8 billion based on Facebook's stock price on Monday. **THE ASSOCIATED PRESS**

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GETTING OLD SUCKS — OR DOES IT?

As I enter my late 20s (OK, *very* late 20s), I've noticed many of my peers complaining about getting old. This is ridiculous, of course, since nobody born in the 1980s has any legitimate claim to being over the hill.

We live in a culture that glorifies youth, but aging is actually a privilege — and unfortunately it's not a privilege that everyone gets to experience. Whether it's down to luck, lifestyle or good genes, every single birthday is a milestone worth celebrating.

Like a fine wine or mature cheese, most human beings actually get better with age. I might groan about lower back pain and the emerging lines on my face (wear sunscreen, kids), but I'm enjoying the many positive side effects that come with getting old(er):

• **Acquiring new skills.** Age certainly does bring wisdom, thanks



SHE SAYS
Jessica Napier
metronews.ca

to all of the mistakes you make and life lessons you learn along the way. I'm not profoundly more intelligent than I was at 22, but I have reached new levels of competence when it comes to knowing how to reset my wireless router and navigate a foreign public transit system.

• **Forgetting about FOMO.** In my early 20s, I was very concerned with enjoying the same experiences as everyone else. I would throw on a party dress, down an espresso and force myself to go out even when I was utterly exhausted, because I was afraid of missing out on the fun I assumed I was supposed to be having. Now that I'm older and I've been there, done that, I don't feel guilty about staying in anymore. I've learned to truly appreciate the value of alone time, which is why I now feel OK about spend-

ing a Friday night drinking red wine and browsing through casserole recipes on Pinterest.

• **Increased productivity.** The aforementioned low-key evenings

mean weekend mornings no longer involve rolling out of bed midday with a throbbing hangover. Last Sunday I went for a run, bought a week's worth of groceries and finished three loads of laundry, all before noon. Acting like a pyjama-clad sloth during daylight hours is just not acceptable anymore — unless the Polar Vortex returns of course.

• **Better relationships.** When you have a home, a job and a variety of adult responsibilities, you don't have a lot of free time to spend with friends. Thus, the precious hours that you do have for socializing aren't wasted on undeserving faux friends who make you feel bad. Drama and gossip might have been salacious novelties in high school, but who has time for that anymore?

• **Self-love.** Perhaps the most rewarding part of the aging process is an increased feeling of comfort and confidence in your own skin. With every passing year I feel more self-assured, accomplished and fulfilled with the person I've become. I guess all of that youthful jealousy and insecurity dissipates when you realize that focusing on your own happiness is much more rewarding than fixating on other people's perceptions of you.

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Elrich Foster



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Bitstrips

MetroTube

Strange overtones giving us good vibrations



ANDREW FIFIELD
andrew.fifield@metronews.ca

Hey, everyone! Are you in the mood to hear something cool? Of course you are. So get introduced to the absurdly talented multi-instrumentalist singer Anna-Maria Hefe, who specializes in polyphonic overtone singing — which pretty much means singing more than one note simultaneously. She sort of sounds like a theremin, while her hand gesture sort of looks like she's playing one. (Anna-Maria Hefe/YouTube)



SCREENGRAB

Twitter

@metropicks asked: Despite valiant efforts, a man failed to get to Bermuda in a homemade floating "Hydro Pod." What outlandish journey would you attempt to take?

@kingperry: I do hope to use a hovercraft to scale a mountain that isn't so steep. #Alps? #Kilimanjaro?

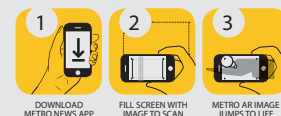


SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 17 in Scene.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Wait for the green scan bar to read the image!
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DVD review



**Live Die Repeat:
Edge of
Tomorrow**

Director. Doug Liman,
Julianne Jordan

Stars. Tom Cruise,
Emily Blunt

.....

This Tom Cruise action vehicle is going out on disc with the action title it should have had this past summer, instead of the soapy *Edge of Tomorrow* — which likely scared off a few potential viewers. But the handle really doesn't matter. For once, Cruise is fully engaged with a role, instead of merely selling it. He proves this over and over again in the film's time-looping format, which requires a coward to repeatedly die if he hopes to be reborn as a hero. He's protecting Earth against invading spidery giant aliens. You kill one, and 10 more come after you. Cruise gets grand support from a terrific co-star (a buff Emily Blunt), a smart director (Doug Liman, *The Bourne Identity*) and a bright screenplay adapted from Hiroshi Sakurazaka's popular 2004 novel *All You Need Is Kill*. Live, Die, Repeat has so much going for it — there are even a few good laughs — you can easily forgive the climatic nonsense involving a world cultural landmark that plays like a sci-fi riff on *The Da Vinci Code*. **PETER HOWELL**

Director weaves a tangled World Wide Web in film

Men, Women & Children. Jason Reitman created his own virtual world for film about the way the Internet affects us



**NED
EHRBAR**

Metro World News in Hollywood

To make a movie about the Internet, sometimes you need to build your own Internet. At least that was Jason Reitman's approach for his latest film, *Men, Women and Children*, about how technology complicates people's attempts at love, sex and connection.

So, the Internet.

I'm living in an age of uncertainty in my business, which is caused by the Internet, which has brought uncertainty to so many people's lives — in their jobs, love relationships and relationships with their children. It is a moment of great question. It is the dawn of an industry like humanity has never seen. I don't think that the printing press comes close. It is something that relates to everybody. It's clear that nobody has any answers. You can watch as many TED conferences as you want, we just don't know.

You're dealing with a lot of traditional relationship problems, though. How much do you think the technology changes the situation?

It's the ability to communicate



Scan this image with your Metro News app to watch an interview with director Jason Reitman on what it's like working with actors like Jennifer Garner. CONTRIBUTED

with strangers, to communicate with the unknown. And the ability to find it. The moment in a relationship when you go from cellphone face up (on the table) to cellphone face down. Yeah, things have changed and there's opportunity, but it's opportunity to follow human desire that has been around forever. And that can be desire for true intimacy or infidelity or to get into trouble. That's always been there. The Internet is this curiosity box that allows us to explore everything inside us whether it's good or bad. Everything is instantaneous,

and the availability to young people threatens the concept of innocence, if you believe in it at all.

What was your process for tackling the problem of making people staring at their phones and computers look interesting onscreen?

We had to build the Internet; the Internet is a location in this film. We can't just put an actor at a desk and say, "Go to Facebook." Because if you go to Facebook you're going to wind up on a page with lots of people who are not cleared, making lots of comments that

are not cleared, taking pictures that are not cleared with ads that are not cleared. This whole movie is people interacting with the Internet, their tablets, their phones, and I wanted it all to be real. So we built the Internet as a location to the actors. For every scene we built our own software that would emulate the Internet that would have pages you could navigate where every user, every like, every ad was our own. The first thing was to create an Internet that we 100 per cent recognize the way that we would recognize ... Starbucks or Gap.

2
SCENE



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Novel salutes 'city of neighbourhoods'

Adult Onset. Author Ann-Marie MacDonald implores fans to 'quit the Toronto bashing'

Ann-Marie MacDonald made a carefully calculated decision to showcase Toronto in her new novel *Adult Onset*, which includes hyper-detailed descriptions of coffee shops, convenience stores and hipster lingerie boutiques in the city's Annex neighbourhood.

"I thought, 'Gee I'm going for it here. I'm really going to set it here, here's Bathurst and Bloor, and this may or may not fly with people,'" the acclaimed author said in a recent interview.

"Because everyone likes to kick Toronto around. Like, internationally, we're known for some very important things but we're not known for our neighbourhoods. And the rest of Canada likes to resent us for some fantasy of what they think Toronto is."

At this point, her thespian



Ann-Marie MacDonald's long-awaited new novel is set in Toronto's Annex, and she admits it's semi-autobiographical. The book follows the life of an author whose career is on hold while she raises two small children. HANNAH YOON/THE CANADIAN PRESS

background kicks in.

"Folks, just come to Toronto and quit the Toronto bashing," she beseeches.

"It's not simply the marvellous city of the Toronto film festival ... it's also a city of neighbourhoods."

Inhabiting those neigh-

bourhoods in *Adult Onset* (Knopf Canada) is MacDonald's protagonist, Mary Rose MacKinnon, a successful author whose career is on hold as she navigates the grindingly relentless routine of caring for her two small children and a dog, while her partner

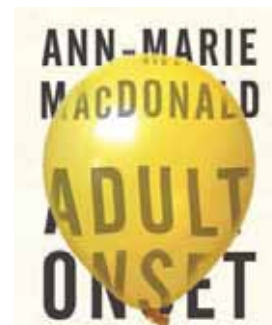
Hilary is out West directing a play.

Amid a fatigued haze of tantrums, meal-making and mundane chores, Mary Rose (whose family call her Mister) ruminates on the past, and how her parents dealt with a childhood health issue that still nags.

Fans of MacDonald have been eagerly anticipating the novel, the author's first since 2003's Scotiabank Giller Prize-shortlisted *The Way the Crow Flies*.

She's been far from idle in the interim, busy with film and theatre work, hosting CBC's *The Doc Zone*, and raising two children with her partner, playwright and theatre director Alisa Palmer (the family is currently living in Montreal).

Although some authors balk at questions about whether their fiction is biographical, the issue seems unavoidable with *Adult Onset*, which took four years to write.



Quoted

"I thought, 'Gee I'm going for it here. I'm really going to set it here, here's Bathurst and Bloor, and this may or may not fly with people.'"

Author Ann-Marie MacDonald, on her new novel, *Adult Onset*, set in Toronto

MacDonald chuckles at the query, saying it's one she's fielded for every one of her books — including her 1996 debut novel, the Oprah Winfrey-anointed drama *Fall on Your Knees*.

"The truth is that they're all autobiographical," she said. "I was at a cottage late in the summer and someone (asked), 'Who said: Fiction is personal experience transformed?' And I perked up and I said, 'Well I think I did, or I'm going to.' And someone else said, 'It was (Trinidadian writer) V.S. Naipaul who said that.' And I said, 'Well close enough, it's now going to be my quote.' What else are we working with?"

MacDonald, 55, is not suggesting the events in her books "concretely happened," just that they are her "portal onto this world."

She calls *Adult Onset* an "extraordinary challenge," before asking permission to describe her process in theatrical terms.

"It's almost like I thought, 'I am going to do something very low-tech, I am not going to have a lot of lighting, props, set, costume — bare stage, almost a one-woman show,'" she said. "Acoustic, there's a stool in the middle of the stage."

But, she added, "Anytime

... you think you're seeing the back wall of the theatre, you think you're seeing a bare stage, you think you're seeing the absence of artifice, it's not true."

The experience of *Adult Onset* clearly wasn't an easy one. The author jokes that if she ever writes another book, it'll be set "in a land far away in a time long ago."

Despite her long list of accolades, MacDonald confesses to being "tremendously nervous" about the novel's release, which includes a book trailer, something she's wanted to do since *Fall on Your Knees*. She's also excited about discussing her work publicly, saying the book "doesn't exist" until it's being read.

And she's looking forward to introducing readers to Toronto through her loving descriptions of its neighbourhoods, something she considers a "gift to the people who care" about the city and an "invitation" to those who don't know it well.

"One book feeds another and another and another, until we build up an image bank, such that, down the line, a reader in the Netherlands comes to the corner of Bathurst and Bloor and has a sense of what that is."

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Suiting up for life in The Flash lane

Lightning strikes. Grant Gustin excited to don costume as series superhero

The Flash (Tuesday at 8 p.m. EDT on CTV) is a series about a young man — Barry Allen — who gets struck by lightning and becomes the fastest person alive. But when actor

Grant Gustin got the news he'd got the role, his wait to begin shooting was anything but quick. It was nine months before he would suit up and head to set.

"I'm glad I didn't break a leg or something," joked the 24-year-old Virginia native in an interview.

TV viewers got a sampling of Gustin as Allen last year, when he appeared in two episodes of The CW's Arrow

(before his character becomes The Flash).

That in itself was a big deal. "It was the most scene work I had ever gotten to do on camera. Even though I was guest-starring, it felt like a big role already. It was really cool, really cool," recalled Gustin.

Prior to The Flash, he was best known for a recurring role on Fox's Glee, playing a high school student in a rival glee club.

Gustin believes his dance background helped him land the role of Allen.

"I don't run like any type of athlete. I stopped doing any organized sports at 10 and started dancing. I'm athletic but in a dancer way," he explained. He's also "naturally lean" and now works to keep his endurance up so he can run on a treadmill in front of a green screen for running shots in The Flash.

Putting on the costume has been a treat



"I've literally laughed because I'm wearing it, I've taken so many hilarious selfies that nobody will ever get to see because I would get in trouble."

Grant Gustin, the lead in the new series, The Flash

The casting process was a long one. He had "about six auditions over a couple months ... including the testing process." He didn't feel confident until he started researching and discovered similarities to actor John Wesley Shipp, who played The Flash on CBS for one season in 1990. (Shipp plays Gustin's

father in The CW version.) "We're both from Northwest Virginia and our birthdays are like days apart. (That's when) I started putting it out into the universe that I would get the part."

Once he did, he realized "Oh my God, I just booked this. Now I'm gonna have to go do it!" **THE ASSOCIATED PRESS**

Online petition

Are the Ewings done? Fans hope to save Dallas

Late last week, TNT announced the end of its Dallas reboot after three seasons. The news is devastating for the show's die-hard fans, who are taking action with an online petition.

Has the small screen seen the last of the Ewing family? Maybe not. In an Oct. 3 release, TNT announced it would discontinue its reboot of the iconic 1980s soap opera. As the trade press has been quick to point out, the network likely gave up hope due to the show's declining ratings.

While the premiere in 2012 was watched by close to seven million viewers, the latest episodes barely attracted three million.

Though the network has declared there will be no Season 4, Dallas fans are hoping to turn things around. The online petition Help Save Dallas TNT has already been signed by 46,000 fans. The goal is to collect six million signatures, which might convince the network to rethink its decision. **AFP**

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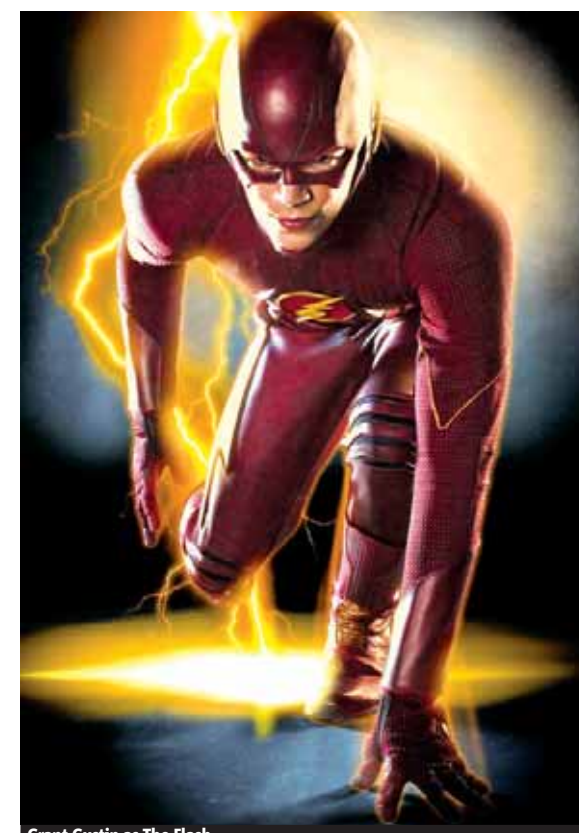
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Grant Gustin as The Flash. CTV



David Lynch, creator of Twin Peaks **AFP FILE**

Twin Peaks. Ready to make the best of a bad Bob, again

As the rumours became increasingly persistent, David Lynch finally made it official on Twitter: The cult series Twin Peaks will return to TV.

Premiered in 1990, Twin Peaks was only on the air for two seasons but is remembered as one of the most influential shows in American TV history.

Created by Mark Frost and David Lynch, the drama depicts the investigation into the mysterious death of

Laura Palmer in the sleepy town of Twin Peaks.

A few months ahead of the show's 25th anniversary, fans have been hoping for a third season, particularly in light of a number of enigmatic tweets from the creators. Long denied, the comeback could ultimately become a reality ... but not until 2016.

David Lynch himself finally confirmed the news on Twitter on Monday, with a link to a YouTube video and

Who killed Laura Palmer?

"Dear Twitter Friends ... it is happening again."

David Lynch confirmed on Monday in a short message on Twitter with a link to a YouTube video that Twin Peaks will return to television in 2016.

a short message: "Dear Twitter Friends ... it is happening again."

The video shows the be-

loved Twin Peaks sign, Laura Palmer's face in front of the red curtains and the captions "25 years later" and "2016." The clip ends with the Lynch/Frost Productions logo, confirming that the famous director is producing this reboot.

Long rumoured, the third season will finally become a reality on Showtime. Excited fans are already wondering whether it will be worth the 25-year wait. **AFP**

Crickets, hotdogs and really good food

Million Dollar Critic.

Outspoken Giles Coren shines a spotlight on Canadian restaurants

Eating a hotdog with Mayor Rob Ford was just one of British restaurant critic Giles Coren's foodie experiences during a visit to Toronto. Another was downing crickets.

While in the city to film Million Dollar Critic last spring, Coren interviewed Ford about the food truck legislation that had passed the day before.

"Rob Ford was charming to me, because he knew I wasn't going to ask him about smoking crack," he says. "It was crazy and mental being at the centre of that press pack. I have sympathy for him because ... we've all done things in a drunken stupor. I haven't smoked a crack pipe, but I've done some silly things, which is why I'd never run for office."

"When I said, 'Let's go get a hotdog across the square,' I didn't think he would say



British food columnist Giles Coren visited restaurants in Toronto, Quebec City and St. John's last spring for his new show, *Million Dollar Critic*. In each city, he picks one restaurant to review in the local paper and online. CONTRIBUTED

yes, because there was a yammering pack (of media) — he'd just done his crazy drunk stuff on St. Patrick's Day."

Ford didn't eat a hotdog because he was trying to stay in shape at the time, notes the acerbic Coren, a former British political columnist

who pens restaurant reviews for the Times and has also worked for such newspapers as the Daily Telegraph, Daily Mail and The Independent.

In Million Dollar Critic, which premieres Tuesday at 10 p.m. on W, Coren visits three cities in Canada (To-

ronto, Quebec City, St. John's) and three in the U.S. (Philadelphia, Providence, R.I., and Charleston, S.C.), where he explores up-and-coming, authentic and established restaurants, diners and food trucks.

In each locale, he visits

Quoted

"Quebec is a crazy place. To find this kind of European 400-year-old walled city full of cute French chicks and fantastic restaurants..."

British food critic Giles Coren, on his first visit to Canada for his new show on W

five restaurants and bestows one with a written review in the local paper.

In Toronto, he checks out Opus, King Palace, Small Town Food Co., Agave y Aguate and The Atlantic. In St. John's, the restaurants are Saltwater, Chined Bistro, Raymond's, The Reluctant Chef and Bacalao, while his Quebec City stint includes Hosaka-Ya, L'affaire Est Ketchup, Soupe & Cie, Panache and La Traite.

He says he liked four of the five restaurants in Toronto, although eating crickets at one was a challenge.

He hopes viewers will become involved in the stories

of the restaurants in each city, and what it could mean to them to get a review in the local paper.

"It makes the restaurant," the outspoken critic says. "That's the thing that Trip Advisor cannot do or a food blogger cannot do. Only someone with a huge following can make that kind of difference." The TV coverage is a bonus, he adds.

It was the first trip to Canada for Coren, 45, and he was complimentary about the restaurant scene in Quebec and Toronto. (He was just on his way to St. John's.)

"I had no idea. Blown away by both of them. Quebec is a crazy place. I knew they could speak French there. I didn't know they actually did. To find this kind of European 400-year-old walled city full of cute French chicks and fantastic restaurants. A bit too cold for me, but then you want to be inside eating."

"And Toronto is just diverse and exciting and better than almost any (for) restaurants — as good as New York."

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

The business of being a baby of Blake

NED EHRBAR
Metro in Hollywood

Blake Lively is pregnant, and she announced it by trying to hock some maternity wear on her lifestyle website, Preserve. How delightful. Instead of officially acknowledging Lively's incubation in any direct manner, the site instead includes a photo of the former Gossip Girl star cradling her baby bump along with a lengthy explanation of how the fledging online outlet has been missing out on a lucrative market segment.

"We have something for men, for women, for the old, but we realized we don't have anything for the new," the Preserve editors write. "With family on our mind, we looked to the origin of it all — to the women in our lives who are right there, at that special moment; the creation of family." Naturally, the two items Lively is wearing in the photo are available for sale on the site.

This will be the first baby



and marketing tool for Lively and husband Ryan Reynolds, who met while filming the Green Lantern and tied the knot in 2011. As the site's lengthy post says, "Congratulations to all the expecting mothers out there." We can only assume that includes Lively.

Now, can someone point out which products on the site are "for the old"? Because this I've got to see.

Justin Theroux-ly annoyed by the press pointing to a biological clock

Speaking of family planning, Justin Theroux really doesn't appreciate all the pressure everyone's putting on him and Jennifer Aniston to tie the knot and have a family. While he tells Australia's TV Week that he couldn't be happier "personally and professionally," the constant nagging from the press is getting a bit much. "I am not going to let a tabloid tell me what to do," he says. "I'm not going to watch them tap their watch. What the hell are you telling me to do?" Honestly, Justin, it's pretty obvious what they're telling you to do, and it doesn't sound like such a chore, really. "We're just doing our own thing," he adds. "We're



completely happy, obviously, but we're not on anyone else's time frame." Well, if you change your mind, Blake Lively has some really lovely baby clothes and maternity wear to sell you.

Sing a song of Saul

While Breaking Bad's upcoming spinoff Better Call Saul doesn't premiere until February, AMC is whetting appetites with a delightful music video tribute to the series and its titular crooked strip mall lawyer, Saul Goodman (played by Bob Odenkirk). The song, performed by Junior Brown, features lyrics written by show creators Vince Gilligan and Peter Gould.



Bob Odenkirk

Restraining order sees Reeves resting easy

Keanu Reeves hopefully won't have to worry about Kerry Colen Raus, the woman who was caught trespassing at his home last month — for a little while, at least. The Matrix star has received a temporary restraining order against her, according to TMZ. The temporary order could be extended after a review hearing on Oct. 22. Raus was arrested in September after she took a dip



Keanu Reeves

in Reeves' pool followed by a shower in his house. She is currently in a psychiatric facility.



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Drink (or not) to your health

Studies. Here are the latest findings on wine, tea and energy drinks

EVA
KIS
Metro in New York City

When it comes to our diets, we tend to focus on the foods we eat.

But increasingly, scientists are looking at what we drink as having a significant impact on our well-being.

We rounded up three recent studies analyzing some of the most common beverages, with mixed results.

Wine

The heart-healthy benefits of wine have been used to justify having another glass at many a dinner party. But there's a catch.

The aptly named In Vino Veritas (In Wine, Truth) study found that wine only protects against cardiovascular disease by lowering cholesterol in people who exercise.

Though evidence for wine's heart-boosting properties has been mounting for two decades, this is the first study that looked at its long-term effects on both types of cholesterol, which can foreshadow atherosclerosis (the buildup of plaque on the walls of arteries).

Professor Milos Taborsky of Palacky University in the Czech Republic found that red and white wines had the same effect.

Both wines, when drunk regularly and in moderation, lowered levels of bad cholesterol (LDL), and red wine drinkers had lower cholesterol overall.

But among people who exercised at least twice a week, the addition of wine not only raised their good cholesterol (HDL), it decreased LDL and total cholesterol for both red and white wine drinkers. Cheers!



Go ahead and have a cup of tea. It has antioxidants that may provide survival benefits. ISTOCK

Tea

Brewed leaves just pulled ahead of brewed beans in the competition over which is better for you between tea or coffee.

A study of 131,000 French people aged 18 to 95 found that having a cuppa cut the risk of non-cardiovascular death by 24 per cent, based on blood pressure and overall health.

The research found that coffee drinkers had worse heart health, especially when it came to smokers (a whopping 57 per cent of people who drank more than four cups per day smoked.) Among tea drinkers, fewer overall smoked, especially those who drank more than four cups daily (29 per cent). Exercise

rates were comparable between the groups.

Men tended to drink much more coffee than women, who vastly preferred tea. Interestingly, most of the benefits of tea were found in current or ex-smokers, with little effect on non-smokers.

Study author professor Nicolas Danchin summed it up by saying: "Tea has antioxidants, which may provide survival benefits. Tea drinkers also have healthier lifestyles. So does tea drinking reflect a particular (personal) profile, or is it tea, per se, that improves outcomes? Pending the answer to that question, I think that you could fairly honestly recommend tea drinking rather than coffee drinking, and even rather

Read the tea leaves

"Tea drinkers have healthier lifestyles."

Nicolas Danchin
Professor and author of a study of 131,000 French people that found having a daily cup of tea cut the risk of non-cardiovascular death by 24 per cent.

than not drinking anything at all."

Energy drinks

A new study presented at the European Society of Cardiology congress has definitively linked energy drinks with heart problems.

The typical 8.4-ounce energy drink contains about two espressos' worth of caf-

feine, which causes calcium to be released in cardiac tissue. This affects the heart's ability to contract and use oxygen, according to professor Milou-Daniel Drici of France's University of Nice.

Because the drinks are popular in clubs and during physical exercise, people tend to drink more than one at a time, increasing their risk of an adverse reaction, such as angina (chest pain due to poor blood flow to the heart) and even death.

Drici concluded that "the general public need to know that so-called 'energy drinks' have absolutely no place during or after physical exercise, as compared with other drinks designed for that purpose."



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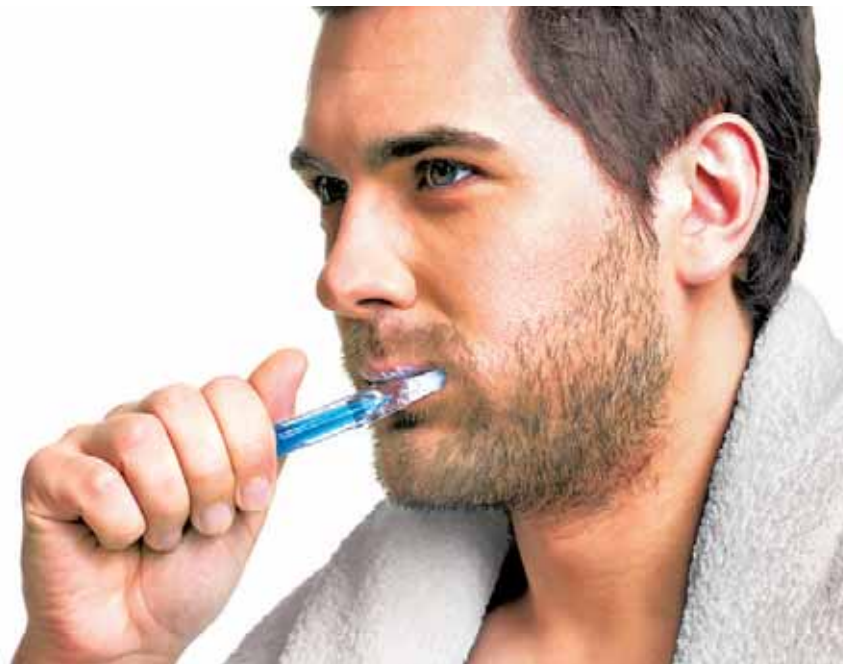
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SHUTTERSTOCK PHOTOS

Take a bite out of winter with the right toothbrush

Follow the proper technique when brushing your teeth

For many Canadians, heading out and enjoying winter activities is a favourite pastime. But for those with sensitive teeth, sharp pain squashes the joy of winter when cold air hits their teeth.

Those of us with sensitive teeth know the feeling — that twinge of pain the moment something cold hits their teeth. It's caused by exposure of the nerve, which is the result of hard brushing, along with sugary and acidic foods, slowly stripping away the protective enamel of the teeth.

"Many people are not mindful of their technique or hurry when they brush, which can lead to abrasion of the teeth, especially at the gum line," says Toronto dentist Dr. Janet Tamo. "Eating or drinking sugar or citrus can also cause decay and sensitivity."

It's not an uncommon problem — about two-thirds of Canadian adults experi-

ence the discomfort of sensitive teeth. And many of us go to great lengths to avoid those unwelcome stabs of pain.

"Many people use avoidance as their primary technique," Tamo says. She lists avoiding hot or cold foods and beverages, sipping drinks through a straw and keeping your mouth shut while outside in the cold as common ways that people try to dodge the pain. Some go so far as to cover their teeth with mouth guards when exposing them to cold.

There are a variety of things you can do to ease the pain and get back to your enjoyment of winter. Start by talking to your dentist or hygienist for advice.

"They can instruct you on proper brushing and flossing technique to avoid damaging the teeth and gums," Tamo says. "They can also do a diet analysis to determine if there's too much sugar or acid in your daily diet."

One great way to ease the pain of sensitive teeth is with the right toothbrush and toothpaste.

Just in time for this winter season, Crest is launching Crest Sensi, a new

line of products specially formulated to help with sensitive teeth. And Crest has partnered with National Hockey League Stanley Cup

champion and Sochi Olympic gold medallist Martin St. Louis and his wife, Heather, to introduce the lineup to Canadians.



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CREST HELPS DEFEND AGAINST PAIN

You don't have to let the pain of sensitive teeth bench you this winter. Try new Crest Sensi products and defend yourself against the pain of sensitive teeth: Crest Sensi-Relief Whitening plus Scope Toothpaste in Minty Fresh; Crest Sensi-Relief Whitening Toothpaste in Clean Mint; and Oral-B Sensi-Soft Toothbrush.

Crest Sensi-Relief Whitening Toothpaste in Clean Mint whitens teeth by gently

removing surface stains while soothing the nerves in your teeth, using potassium nitrate (5%w/w), the No. 1 recommended desensitizing ingredient for at-home sensitivity relief by dental professionals in Canada in 2013.

Crest and Oral-B Sensi products are available at Shoppers Drug Mart. For more information, please visit crest.com/en-CA/ or facebook.com/crest.

Stuff more than turkey this year

Alternative Thanksgiving Week.

Vegan guests and those with celiac disease will dig in

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From your fridge
to your table in
30 minutes or less

Thanksgiving is what my family calls "forced family fun." Mix in your vegan relative and your gluten-free neighbour and you have a recipe for culinary disaster.

Here is a dish that will please everyone with its beauty, nutrition and deliciousness.

It's a simple way to turn hum stuffing into a focal point. Better yet, it can be eaten by



This Gluten-Free Stuffing Stuffed Baked Apples recipe serves 4. THERESA ALBERT

any guest with almost any dietary restriction. Whew!

1. Preheat oven to 400 F.

2. Finely chop celery, carrot, onion and garlic and cook in skillet with oil for 5-8 minutes until soft. Stir in spices and

toast Whole O's, 2 minutes. Add broth and simmer until absorbed.

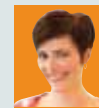
3. Stuff into apples and bake for 10-15 minutes. Serve warm as a side dish.

Ingredients

- 2 stalks celery
- 1 carrot
- 1 onion
- 1 clove garlic
- 1 tsp extra virgin olive oil
- 1 tsp dried thyme
- 2 tsp poultry seasoning
- 1 tsp white pepper
- 1/2 tsp dry mustard powder
- Pinch salt
- 3 cups gluten-free Whole O's cereal (Nature's Path)
- 2 cups gluten-free vegetable broth
- 4 apples

Health Solutions

Digging in the cereal box



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

You know you've done it: had a bowl of cereal for dinner — especially after a big meal like Thanksgiving.

You can take a shortcut once in a while as long as you pay attention to what comes out of that box.

Many cereals are made with ingredients that have been depleted of nutrients: white flour and sugar, and flavourings. There is then a fortification of liquid multivitamin tumbled on at the end of the process. Not only does that defeat the purpose, there has been some recent news that some of the nutrients can contribute to dangerous levels of some fat-soluble vitamins.

"Most people don't keep track of all of the ways they are consuming fortified foods, or their cumulative effects," says

Darren Mahaffy, vice-president of marketing of Nature's Path Foods, which uses organic whole grains and real foods that are naturally nutrient-dense.

Once you are sure you are consuming real food, there are many ways to use cereal:

- Toss in with popcorn for a sweet and salty snack
- Place into baggies for dry, pre-exercise snacks
- Use as a base for stuffings and crispy toppings
- Make into bars and crumbles for desserts

Here is what I like to see on a cereal box:

- Whole grains only, preferably organic
 - Wheat-free
 - Short list of ingredients
 - Nuts, seeds, flax, ancient grains
 - 100 to 150 calories per cup
 - 3 to 10 grams of fibre (not from inulin)
 - 2 to 10 grams of protein
 - Any cereal containing soy or corn must be organic to avoid genetic modification
 - Sugar and sodium should be as low as possible
 - No added colours (some have negative impact on growing brains!), artificial flavours or fortification of vitamins.
- THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**



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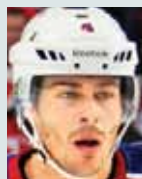
No purchase necessary. Terms & conditions apply. For full contest details and conditions, visit clubmetro.com

NHL

Flames ink defenceman Diaz

The Calgary Flames signed defenceman Raphael Diaz to a one-year contract on Monday.

Diaz has six goals and 39 assists along with 52 penalty minutes through



Raphael Diaz
GETTY IMAGES FILE

145 games in the NHL. He has also played nine NHL playoff games.

The 28-year-old had two goals and 13 assists in 63 games last season with three teams — the Montreal Canadiens, Vancouver Canucks and New York Rangers.

The Flames also announced Monday that they had assigned defenceman Tyler Wotherspoon to the Adirondack Flames of the American Hockey League.

Wotherspoon, 21, had four assists and four penalty minutes in 14 games with Calgary last year.

THE CANADIAN PRESS

NHL

Rangers apparently like the ring of Ryan for captain

Ryan McDonagh is the new captain of the New York Rangers, replacing forward Ryan Callahan, who was traded away late last season.

The 25-year-old McDonagh was selected as the team's 27th captain, general manager Glen Sather announced Monday night in a news release. Fellow defencemen Dan Girardi and Marc Staal, and forwards Derek Stepan and Martin St. Louis, were chosen as alternate captains.

THE ASSOCIATED PRESS



National League heavyweights duke it out in St. Louis

Dodgers shortstop Hanley Ramirez turns a double-play after forcing out the Cardinals' Jon Jay at second base during Game 3 of their NL Division Series on Monday in St. Louis. The two teams entered the night tied at one game apiece. Game 4 will be played on Tuesday in St. Louis. Go to metronews.ca to find out who emerged victorious on Monday night.

JEFF ROBERSON/THE ASSOCIATED PRESS

Giants throw away sweep of Nationals

MLB playoffs.

Washington lives to play another game thanks to rare lapse by San Fran's Bumgarner

Doug Fister pitched seven shutout innings and the Washington Nationals took advantage of Madison Bumgarner's one off-target throw, staving off elimination in the NL Division Series with a 4-1 win against the San Francisco Giants on Monday.

Fister dazzled again in San Francisco, helping the Nationals cut their deficit to 2-1 in the best-of-five series and ending the Giants' 10-game post-season winning streak that started with Game 5 of the 2012 NL Championship Series against St. Louis.



The Nationals' Wilson Ramos scores past the tag of Giants catcher Buster Posey during Game 3 of their NL Division Series in San Francisco on Monday.
MARCIO JOSE SANCHEZ/THE ASSOCIATED PRESS

Washington scored two runs on Bumgarner's throwing error in the seventh inning to end the ace's 21-inning scoreless streak. Bryce Harper punctuated the victory with a solo homer in the ninth.

"Really it came down to every pitch," Fister said. "Fortunately a ball bounced our way."

Drew Storen allowed a run in closing it out as Washington forced a Game 4 on Tuesday night.

Now, the 96-win Nationals will send left-hander Gio Gonzalez up against San Francisco right-hander Ryan Vogelsong.

Bumgarner fielded Wilson Ramos' two-strike sacrifice bunt between the mound and the first-base line and fired to third rather than going for the sure out at first. The throw sailed wide of Pablo Sandoval's outstretched glove and bounced all the way to the tarp along the left-field wall before rolling over the bullpen mounds.

Sandoval nearly did the splits trying to make the play and stayed down in pain as the two runs scored. Trainers checked on the third baseman and he remained in the game.

"I thought we probably had a shot," Bumgarner said of playing Ramos' bunt. "We were in a really good spot coming into this one."

THE ASSOCIATED PRESS

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Raptors, Harding eye the future of coaching

NBA. Toronto club giving WNBA star with coaching ambitions a look behind the bench

The guest in the Toronto Raptors coaches' meeting on the weekend was a typical young wannabe, inquisitive and respectful, anxious to learn the nuances of the business from Dwane Casey and his staff with an eye to one day being on an NBA bench, a dream of one day running a team.

It is a sign of the NBA times that the guest was a 30-year-old woman and no one in the room was fazed in the least.

Lindsey Harding, a former first overall WNBA draft pick, is one of a growing list of young women who see the NBA as a viable

Women's Bench Press

"I mean it's not necessarily that she's a woman; in their opinion she was the best for that job, and that's what I want to be and that's why I want to continue to learn and grow regardless of my gender."

Lindsey Harding on Becky Hammon who was recently hired as an assistant coach with the Spurs

opportunity to ply their craft.

"I've always liked coaching. When I was like 13 and started playing basketball — I grew up in Houston — I remember telling my dad I wanted to coach for the Rockets and he said, 'OK, do it,' because I had a father who told me I could do anything," said Harding, who spent two days observing Raptors camp in B.C.

The NBA has long been seen as a progressive league, with female officials and high-ranking front-office employees. Coaching is

just the next step and Gregg Popovich and the San Antonio Spurs made it a reality by naming Becky Hammon the first full-time, sit-on-the-bench assistant in NBA history this summer.

"More than anything, it's perhaps an idea whose time has come," said Rick Carlisle, head coach of the Dallas Mavericks and president of the NBA Coaches Association. "I respect Lindsey a lot because she's taken a proactive approach to beginning her coaching career."

Harding and Casey became acquainted when

Harding, at the urging of Carlisle, attended an NBA coaches' meeting in Chicago last summer. The Raptors' head coach had no problem inviting her to camp to watch and learn.

"If someone can bring something to the table, I'm all ears," Casey said.

"I think that's a thing of the future, I think our league is becoming a blind-to-gender league (but) you have to have the right personality, the right approach, right knowledge to get the respect of the players."

That was the common theme through every conversation on the matter. Players, coaches and officials don't care about gender, they care about knowledge.

"I think if you know the game, you know the game," said Raptors star Kyle Lowry. **TORSTAR NEWS SERVICE**



Los Angeles Sparks guard Lindsey Harding has been shadowing the Raptors' coaching staff this training camp. **CHRISTIAN PETERSEN/GETTY IMAGES**



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Swimming. Six-month ban puts Rio Games in jeopardy for Phelps

Michael Phelps' comeback took a major hit on Monday, with USA Swimming suspending the 18-time Olympic champion for six months and forcing him to withdraw from next year's world championships.

Phelps also lost six months of funding from the sport's national governing body as a result of his second DUI arrest. The 29-year-old swimmer is banned from participating in USA Swimming-sanctioned meets through April 6, 2015.

Phelps can still train with his North Baltimore club, but he had already qualified for the world championships in Russia next August, which is the biggest international meet leading up to the 2016 Rio de Janeiro Olympics.

Phelps came out of retirement earlier this year with his sights set on competing at a fifth Olympics in Rio. Being barred from the world meet could put a serious dent in those ambitions.

His latest arrest came about a month after Phelps won three golds and two silvers at the Pan Pacific Championships in Australia. He



Michael Phelps **GETTY IMAGES**

had retired after the 2012 London Olympics, having won a record 18 gold medals and 22 medals in four games.

Phelps' monthly funding stipend of \$1,750 will be halted for six months, costing him a total of \$10,500. That is small change compared to the millions he earns through several major endorsements, including Aqua Sphere, Subway, Under Armour, Omega and Master Spas. **THE ASSOCIATED PRESS**

Tennis

Bouchard hits new Canadian high

Eugenie Bouchard has become the first Canadian tennis player to reach No. 6 in the WTA world rankings.

The 20-year-old from Westmount, Que., has been in the top 10 since July.

THE CANADIAN PRESS

Television rights

ESPN, TNT strike deal with NBA

The NBA and its television partners couldn't wait to extend their contracts.

The league renewed its deals with ESPN and TNT even though two seasons remain on the old ones.

The NBA's annual revenue from the agreements will increase from \$930 million to more than \$2.6 billion, according to a person familiar with the terms. The person spoke on condition of anonymity to The Associated Press because the league did not announce financial figures.

The contracts will run an additional nine years through the 2024-25 season. The previous eight-year agreements end after 2015-16. **THE ASSOCIATED PRESS**

AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

Leave your responsibilities and worries behind and do something that inspires you. That applies to your personal life, too.

♉ Taurus

April 21 - May 21

What happens in your work environment will give you the chance to show how well suited you are to take on a leadership position. While others lose their heads you will be the picture of calm.

♊ Gemini

May 22 - June 21

Don't let anyone tell you that you are not entitled to enjoy the good things in life. Too often you have held back while those less talented but with bigger egos have pushed ahead. Time to reverse that.

♋ Cancer

June 22 - July 23

Have faith in your instincts. What happens over the next few days will prove you right so stick to your guns — you'll get the last laugh.

♌ Leo

July 24 - Aug. 23

According to the planets you are trying too hard. What you need to do is to sit back for a while and let life come to you.

♍ Virgo

Aug. 24 - Sept. 23

Work hard today but don't go to extremes. You will be more productive if you pace yourself and don't try to do everything at once. Be kind to yourself.

♎ Libra

Sept. 24 - Oct. 23

Keep affairs of the heart on a fun level. The more you try to force a relationship in a certain direction the more the one you love will feel pressured.

♏ Scorpio

Oct. 24 - Nov. 22

There is no need for regrets or remorse. Set your sights on the future and make it the best it can possibly be. It's tomorrow that matters.

♐ Sagittarius

Nov. 23 - Dec. 21

Your circumstances will change for the better over the next few weeks but over the next few days there will be times when it seems as if things are moving backwards. Be patient.

♑ Capricorn

Dec. 22 - Jan. 20

If you acknowledge your weaknesses now you will be operating from a position of strength later in the week.

♒ Aquarius

Jan. 21 - Feb. 19

You know that something good is going to happen but you also know you may have to go through a rough patch first. Take what happens today and tomorrow in your stride.

♓ Pisces

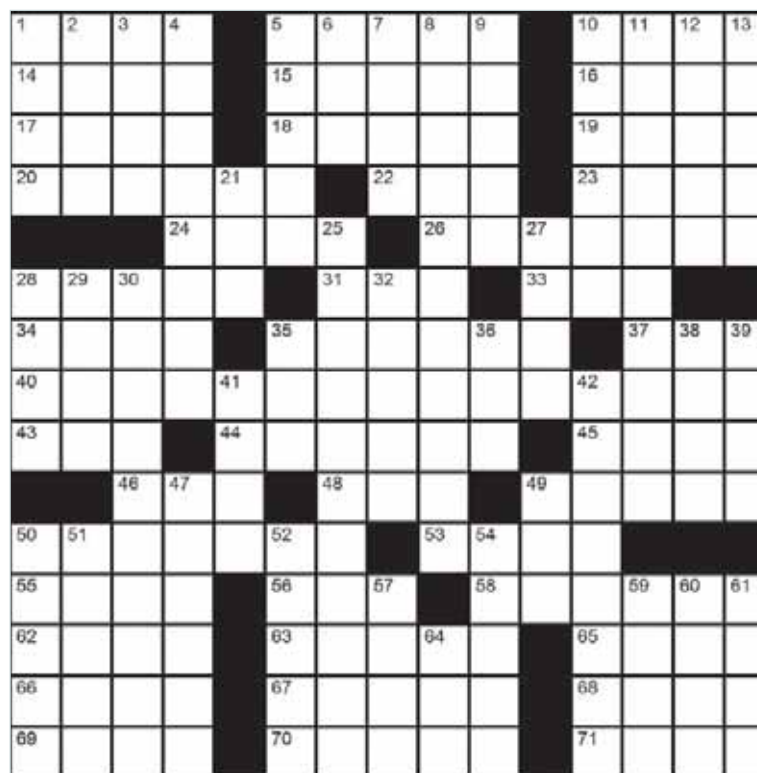
Feb. 20 - March 20

It may at times seem as if the world is coming apart at the seams but from a higher perspective things have never been better. Trust more and smile more.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Canadian artist, Wanda ____
5. This thingy in music: #
10. Power, puny-ly
14. She, in Seville
15. Of the ear
16. Ms. Ward
17. Canadian Museum of Immigration at ____ 21, in Halifax
18. Priestess in Georges Bizet opera The Pearl Fishers
19. Lettered frozen dessert chain
20. Belonging to an incisor or molar, say
22. Fitting
23. 'Buck' add-on
24. Hawaiian feast
26. Nickname for Toronto
28. Finish by...: 2 wds.
31. Business excess
33. Workout unit, commonly
34. Pull in \$\$\$
35. 1987 U2 album: 'The ____ Tree'
37. Thrill ____ lifetime
40. War of 1812 artifacts: 3 wds.
43. Compass point
44. Witch in the musical Wicked
45. Ancient's 8
46. Slamming sound!
48. Slimy stuff
49. Celebrations
50. Extend
53. Benefit
55. Li'l math course



56. Plane's take-off info
58. Foreigner hit
62. ____-de-camp
63. ____ River, BC
65. Some punk music fans
66. Musical Lady

67. ____ circle (Those in the know)
68. Peril
69. Utopia
70. Valley in Ontario depicted by The Group of Seven
71. Fr. women-with-

halos

Down

1. Held
2. Medley meal
3. Margarine
4. ____ Brothers: "Soul City" Canadian group

5. Dance style
6. Shade
7. Classical song
8. Calgary Stampers mascot: 3 wds.
9. Ancient philosopher
10. Ritzy expanse

11. City of the dead
12. ____ room (Enough space to move)
13. Silk-like fabric
21. Gilligan's dwelling
25. Type of occurrence in '77's "Close Encounters of the Third Kind": 2 wds.
27. Take greedily
28. "Mistakes of My Youth" band
29. Rob Roy's refusals
30. Moat crossing
32. ____ questions (Be inquisitive-not)
35. Summer mo.
36. Stage actress Ms. Hagen
38. Move, Hummingbird-style
39. Rummage sale tag notation: 2 wds.
41. Company bosses, collectively [abbr.]
42. Ralph Fiennes/ Uma Thurman spy movie, "The ____" (1998)
47. Greece- ____ Sea-Turkey
49. Tree type
50. Theatre's surface
51. Set of three
52. As You Like It role
54. Tony-winning actress/singer Ms. McDonald
57. Mr. Carvey
59. Send forth
60. Breather
61. Posh put-downs
64. Back the tape up, briefly

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers



Sudoku

How to play

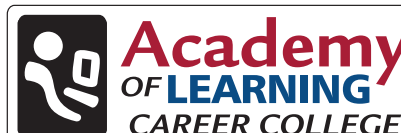
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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